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October 30, 1998

Office of Special Nutritionals  
HFS-450 Center for Food Safety and Applied Nutrition  
U.S. Food and Drug Administration  
200 C St.SW  
Washington DC 20204

Statement of Nutritional Support- **CALCIUM MAGNESIUM PLUS**  
Pursuant to 21 CFR Part 101.93, American Specialty Health & Wellness (ASHW) files the following Statement of Nutritional Support for the Dietary Supplement marketed as:  
**CALCIUM MAGNESIUM PLUS**

1) Name and Address of Distributor: ASHW 8989 Rio San Diego Dr.  
Ste. 250, San Diego CA 92108

2) Text of Nutritional Support Statement being Made:

"Calcium is the most abundant mineral in the body. Most of the calcium in the body, about 99%, is used to form and maintain bones and teeth. Since such a large amount of calcium is stored in the bones, adequate dietary intake is essential in preventing osteoporosis, also known as brittle bone disease. The other one percent of the calcium can be found in the blood, body fluids and cells. This free calcium is important in blood clotting, enzyme and hormone function, muscle contraction, nerve conduction, and cellular function. The addition of magnesium to the formula improves the absorption of calcium by the body."

3) Name of dietary ingredient(s): See Attached Product Label

4) Brand Name: **CALCIUM MAGNESIUM PLUS**

5) Substantiation information on file at the company office. The corporate officer who can certify same is Dr. Doug Metz, Vice President.

Yours truly,

A handwritten signature in cursive script, appearing to read "Doug Metz".

Dr. Doug Metz  
Vice President

LET2535

# Calcium Magnesium Plus

## Description:

Calcium is the most abundant mineral in the body. Most of the calcium in the body, about 99%, is used to form and maintain bones and teeth. Since such a large amount of calcium is stored in the bones, adequate dietary intake is essential in preventing osteoporosis, also known as brittle bone disease. The other one percent of the calcium can be found in the blood, body fluids and cells. This free calcium is important in blood clotting, enzyme and hormone function, muscle contraction, nerve conduction, and cellular function. The addition of magnesium to the formula improves the absorption of calcium by the body.

These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

**Directions For Use:** Take 2 tablets twice per day

**Storage:** Keep tightly closed in a cool, dry place.

**Caution/Warning:** As with any supplement, herb or medication, do not use it while pregnant or lactating, or provide it to a child without consulting a physician.

**Note:** This product is regulated by the FDA as a dietary supplement. If you have any questions about how you feel while taking this supplement, contact your physician. If you are taking any medication, have any disease or illness, consult your physician before taking this product. Do not stop or change prescribed medication without the permission or prescription of your physician.

Chelazome® is a registered trademark of Albion Laboratories, Inc.

DISTRIBUTED BY AMERICAN SPECIALTY HEALTH & WELLNESS™  
PO BOX 509040, SAN DIEGO, CA 92150-9040

# CALCIUM MAGNESIUM PLUS

DIETARY SUPPLEMENT

120 TABLETS

*Premium Products for Your Health & Wellness™*

## Supplement Facts

Serving Size: 4 Tablets – Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calcium (as calcium amino chelate, calcium Citrinate)	750 mg	75%
Magnesium (as amino chelate, buffered)	100mg	25%
Manganese (as manganese Chelazome® amino chelate)	2mg	100%
Vitamin D	200 IU	50%
Copper (as copper Chelazome® amino chelate)	2mg	100%
Zinc (as zinc Chelazome® amino chelate)	15mg	100%

**Other Ingredients:** Gelatin, cellulose, calcium phosphate hydrous, stearic acid, magnesium stearate and silicon dioxide.  
Calcium Magnesium Plus is free of wheat, corn, soy, dairy, sucrose, starch, salt and yeast.